COR

Warm Up: Full Body! Mobility

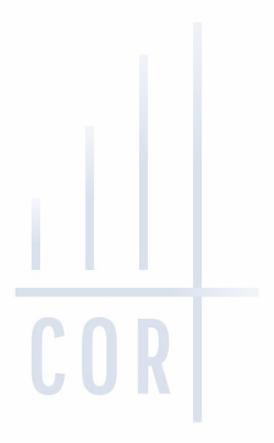
- "The Stretch"
- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



E4MOM: 4 Rounds(ea)

Group A - Rest @ 3:30(If Applicable)

- 6 or 8 Db Cleans(35/50#)
- 60/30 Singles/DU
- 4 or 6 Db Clean to OH
- 60/30 Singles/DU
- 2 or 4 Db Squat Clean to Thruster
- 60/30 Singles/DU

Group B

• 200-600m Run



March 1st

EMOM: 8 Mins

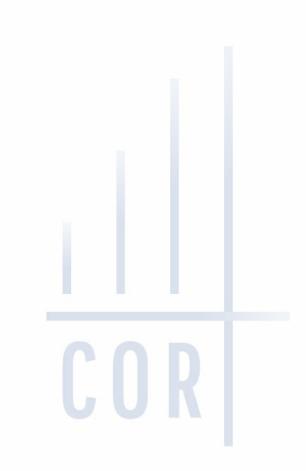
• 10-20 K to B

Or

• 8-10 Rollouts

Or

• :30-:40 Plank



March 1st Audio



